



# GUJARAT TECHNOLOGICAL UNIVERSITY

**Bachelor of Engineering**

**Subject code: 3160003**

**IPDC - 2 (Integrated Personality Development Course)**

**SEMESTER VI**

## **Type of Course –**

Value-based holistic personality development course for university students.

## **Rationale**

IPDC aims to prepare students for the modern challenges they face in their daily lives. Promoting fortitude in the face of failures, unity amongst family discord, self-discipline amidst distractions, and many more priceless lessons. The course focuses on morality and character development at the core of student growth, to enable students to become self-aware, sincere, and successful in their many roles - as an ambitious student, reliable employee, caring family member, and considerate citizen.

## **Teaching and Examination Scheme:**

Teaching Scheme			Credits C	Examination Marks				Total Marks
L	T	P		Theory Marks		Practical Marks		
				ESE (E)	PA (M)	ESE (V)	PA (I)	
2	0	0	2	70	30	30	20	150

The assessments should include both continuous evaluation and end-of-semester examinations. The assessment scheme should include student attendance, assignments, mid-term exams, viva, workbook submission, and end-of-semester examinations.

## **Course-Content :**

Each lecture can be taken in a continuous two-hour session, or in two separate one-hour sessions. In addition to the core lectures, an induction and concluding lectures are recommended as shown in the below table.

Lecture No.	Module -Lecture	Lecture Description	Hours
<b>IPDC-2</b>			
1	<b>Remaking Yourself- Begin with the End in Mind</b>	Students will learn to visualize their future goals and will structure their lives through smart goals to give themselves direction and ultimately take them to where they want to go.	2
2	<b>Remaking Yourself- Being Addiction-Free</b>	Students will explore the detrimental effects of addictions on one's health, personal life, and family life. They will learn how to take control of their life by becoming addiction free.	2
3	<b>Selfless Service- Case Study: Disaster Relief</b>	Students will apply previous lessons of seva, to analyse the case study of the Bhuj earthquake relief work.	2
4	<b>Soft Skills- Teamwork &amp; Harmony</b>	Students will learn the six steps of teamwork and harmony that are essential for students' professional and daily life.	2
5	<b>My India My Pride- Present Scenario</b>	To implement the transformation of India from a developing country into a developed country it is necessary to have a value-based citizen. Students will see how the transformation to a greater India relies on the vision and efforts of themselves as a youth.	2



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6	<b>Learning from Legends- Leading Without Leading</b>	Students will explore a new approach to leadership, through humility.	2
7	<b>My India My Pride- An Ideal Citizen - 1</b>	Students will learn that to become value-based citizens, they must first develop good values in their lives. They start by exploring the values of responsibility and integrity.	2
8	<b>My India My Pride- An Ideal Citizen - 2</b>	Students will learn that by developing the values of loyalty, sincerity, and punctuality; they become indispensable and can leave a strong impression. They will start developing these values by trying to keep perfection in every small task and by looking at the bigger picture.	2
9	<b>Facing Failures Timeless Wisdom for Daily Life</b>	Students will learn the role wisdom plays in finding long-term stability. They will use ancient wisdom to solve their modern-day challenges.	2
10	<b>From House to Home- Forgive &amp; Forget</b>	Students will understand the importance and benefits that forgiveness plays in their personal and professional life. They will learn to apply this knowledge in realistic situations.	2
11	<b>Remaking Yourself- Stress Management</b>	Students will learn to cope with current and future causes of stress.	2
12	<b>Remaking Yourself- Better Health Better Future</b>	A healthy body prevents disease and stress; increases positivity, productivity, and brainpower. Students will learn to maintain good health through regular exercise, healthy eating habits, and regular and sufficient sleep.	2
13	<b>Learning from Legends - Words of Wisdom</b>	A panel of learned and experienced mentors will personally answer practical questions that students face in their daily life.	2
14	<b>Soft Skills – Financial Planning</b>	Students will develop a variety of practical financial skills that prepare them to become financially stable throughout their future careers.	2
15	<b>Remaking Yourself Impact of Company</b>	Students will understand that the type of company that we keep, has a crucial role in determining who we are and who we will become. They will develop the ability to create a positive environment around them.	2
Concluding	<b>Life After IPDC</b>	This concluding lecture encourages students to keep practising these priceless lessons and prepares them for the next steps in their lives.	2

### • COURSE MATERIAL / MAIN COURSE WORKBOOK -

#### 1. IPDC Workbook-2 (presented by B.A.P.S. Swaminarayan Sanstha)

#### IPDC REFERENCES –

These are the reference material for the IPDC lectures. This is not compulsory reading for the students as the essential information is contained in the workbooks.



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Module No.	Module	References
1	Facing Failures	<ol style="list-style-type: none"><li>1. Thomas Edison's factory burns down, New York Times Archives, Page 1, 10/12/1914</li><li>2. <u>Lincoln Financial Foundation</u>, Abraham Lincoln's "Failures": Critiques, Forgotten Books, 2017</li><li>3. <b>J.K. Rowling Harvard Commencement Speech   Harvard University Commencement, 2008</b></li><li>4. Born Again on the Mountain: A Story of Losing Everything and Finding It Back, <u>Arunima Sinha</u>, Penguin, 2014</li><li>5. Failing Forward: Turning Mistakes Into Stepping Stones for Success, <u>John C. Maxwell</u>, Thomas Nelson, 2007</li><li>6. Steve Jobs: The Exclusive Biography Paperback, <u>Walter Isaacson</u>, Abacus, 2015</li><li>7. Failing Forward: Turning Mistakes Into Stepping Stones for Success, <u>John C. Maxwell</u>, Thomas Nelson, 2007</li></ol>
2	Learning from Legends	<ol style="list-style-type: none"><li>1. Chase Your Dreams: My Autobiography, Sachin Tendulkar, Hachette India, 2017</li><li>2. Playing It My Way: My Autobiography, Sachin Tendulkar, Hodder &amp; Stoughton, 2014</li><li>3. The Wit and Wisdom of Ratan Tata, Ratan Tata, Hay House, 2018</li><li>4. The Tata Group: From Torchbearers to Trailblazers, Shashank Shah, Penguin Portfolio, 2018</li><li>5. The Leader Who Had No Title, Robin Sharma, Jaico Publishing House, 2010</li><li>6. In the Joy of Others: A Life-Sketch of Pramukh Swami Maharaj, Mohanlal Patel and BAPS Sadhus, Swaminarayan Aksharpath, 2013</li></ol>
3	My India My Pride	<ol style="list-style-type: none"><li>1. Rishis, Mystics, and Heroes of India, Sadhu Mukundcharandas, Swaminarayan Aksharpath, 2011</li><li>2. Physics in Ancient India, <u>Narayan Dongre</u>, <u>Shankar Nene</u>, National Book Trust, 2016</li><li>3. <u>The Rise of Civilization in India and Pakistan</u>, Raymond Allchin, Bridget Allchin, <u>Cambridge University Press</u>, 1982</li><li>4. <u>The Āryabhatīya of Āryabhata: An Ancient Indian Work on Mathematics and Astronomy</u> (1930), <u>Walter Eugene</u> Clark, University of Chicago Press, reprint, Kessinger Publishing, 2006</li></ol>
4	Remaking Yourself	<ol style="list-style-type: none"><li>1. Power of Habit, Charles Duhigg, Random House Trade Paperbacks, 2014</li><li>2. Change Your Habit, Change Your Life, Tom Corley, North Loop Books, 2016</li><li>3. The Seven Habits of Highly Effective People, Stephen Covey, Simon &amp; Schuster, 2013</li><li>4. Seven Habits of Highly Effective Teens, Sean Covey, Simon &amp; Schuster, 2012</li><li>5. Atomic Habits, James Clear, Random House, 2018</li><li>6. How a handful of tech companies control billions of minds every day, Tristan Harris, TED Talk, 2017</li></ol>
5	From House to Home	<ol style="list-style-type: none"><li>1. "What Makes a Good Life? Lessons from the Longest Study on Happiness", R. Waldinger, Ted Talks, 2015</li><li>2. <b>Long Walk To Freedom, Nelson Mandela, Back Bay Books, 1995</b></li><li>3. Outliers, Malcolm Gladwell, Back Bay Books, 2011</li></ol>
6	Soft Skills	<ol style="list-style-type: none"><li>1. The 17 Indisputable Laws of Teamwork, John Maxwell, HarperCollins, 2013</li><li>2. Team of Teams: New Rules of Engagement for a Complex World, Stanley McChrystal, Portfolio, 2015</li><li>3. Predictably Irrational, Revised and Expanded Edition: The Hidden Forces That Shape Our Decisions, <u>Dan Ariely</u>, Harper Perennial, 2010</li></ol>
7	Selfless Service	<ol style="list-style-type: none"><li>1. Open: An Autobiography, Andre Agassi, Vintage, 10 August 2010</li><li>2. The Physiological Power of Altruism [online], James Hamblin, The Atlantic, December 30, 2015, <a href="https://www.theatlantic.com/health/archive/2015/12/altruism-for-a-better-body/422280/">https://www.theatlantic.com/health/archive/2015/12/altruism-for-a-better-body/422280/</a> [last accessed June 10, 2020]</li></ol>



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		3. TBI Blogs: From Entrepreneurs to Doorkeepers, Everybody Serves with Love & Warmth at This Ahmedabad Café [online], <a href="https://www.thebetterindia.com/102551/small-way-serve-ahmedabad-seva-cafe/">The People Place Project, The Better India</a> , May 29, 2017, <a href="https://www.thebetterindia.com/102551/small-way-serve-ahmedabad-seva-cafe/">https://www.thebetterindia.com/102551/small-way-serve-ahmedabad-seva-cafe/</a> , [last accessed June 10, 2020]
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### Course Outcomes

- To provide students with a holistic value-based education that will enable them to be successful in their academic, professional, and social lives.
- To give the students the tools to develop effective habits, promote personal growth, and improve their wellbeing, stability, and productivity.
- To allow students to establish a stronger connection with their family through critical thinking and devolvement of qualities such as unity, forgiveness, empathy, and effective communication.
- To provide students with soft skills that complement their hard skills, making them more marketable when entering the workforce.
- To enhance awareness of India's glory and global values, and to create considerate citizens who strive for the betterment of their family, college, workforce, and nation.
- To inspire students to strive for a higher sense of character by learning from role models who have lived principled, disciplined, and value-based lives.